



NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA
DIANE BERTOLINO, DIRECTOR
978-546-2573



May-June 2015

WEEKLY ACTIVITIES

***Monday thru Friday**

Lunch 11:30AM

***Monday**

Strength & Balance
Class 9-10AM

Bingo 1-3:30PM

Yoga 2:30-3:30PM

***Tuesday**

Yoga 9-10AM

***Wednesday**

Tai Chi 9-10AM

Scrabble 1-3PM

***Thursday**

Yoga 9-10AM

Quilting/Knitting
1-3:30PM

Duplicate Bridge
12-4PM

***Friday**

Strength-Balance
Class 9-10AM

**Exercise classes
are \$4.00 per class
for 60+**

Celebrating New England

Wednesday, May 13th at 12:30PM. Davis Bates, Parents Choice Award winning storyteller will entertain us with songs and stories for everyone. The program will include stories and songs from past and present and family tales. This performance is funded, in part, by a grant from the Rockport Cultural Council, a local agency supported by the Massachusetts Cultural Council.



PACE Free Pizza Party

Tuesday, May 19th, at 11:30AM. Come join us for a casual presentation to learn about how PACE services can help you. PACE is a comprehensive healthcare program you are entitled to, if you are on MassHealth, age 55+ and meet certain healthcare criteria. Everything is covered, from prescriptions, over the counter drugs, doctor visits, and more. Pizza will be served. Registration is required.

Taking Control of Your Future: A Legal Checkup

Tuesday, May 26th at 10:30AM. This free program is part of the statewide Elder Law education program presented by the Massachusetts Bar Association. An attorney will answer your questions. Please call to register.

Lobster Roll Luncheon and Comedy Show

Wednesday, June 3rd, 11:45AM-1:30PM at the Sandy Bay Yacht Club. Lobster roll and macaroni salad will be provided by the Red Skiff. For dessert, ice cream and strawberries will be provided by PACE. Comedian Mel Simmons will keep you laughing. Cost is \$8.00. Limited Seating.

Reverse Mortgage

Monday, June 15th, at 10:30AM. David Tourtillot, CRMP from Homestead Mortgage will host a workshop to explain the pros and cons of Reverse Mortgage. There will be complimentary coffee and giveaways. Please call to register.

Vaudeville Returns to Rockport!

Monday, June 15th, at 1:30PM. The young students from the Waring School will once again entertain us with classic songs, funny skits, magic tricks and dance routines. We invite you to join us, and if you recognize a song, do join in the fun! Please call to register.

Day Trips—Book Early

We will take reservations and payments at the Senior Center for the following trips on Tuesday afternoons from 1:30-3PM and Thursday mornings from 9:30-11AM. Checks for trips can be made out to the *Friends of Rockport COA*.

Anyone that is traveling with us needs to have an up-to-date health form on file. You can get one from the Senior Center office or on the Town of Rockport's website.

If you are not self sufficient or have special health needs, you must travel with a companion who can provide assistance to you. Call the COA for trip details if you are uncertain of the demands while on a trip.

The bus driver's tip is not included in the prices listed below.

Parking for all trips will be at the Park n' Ride lot at 2 Blue Gate Lane off of Main Street. This is the same entrance as the transfer station. Stay to the right when you drive in.

Providence's Little Italy Tour

Wednesday, June 10th, we will depart at 8:30AM to spend the day in Providence, RI . First we will have a morning visit to Scialo's bakery. We will enjoy coffee, treats and a bit of history about Rhode Island's most famous bakery. After our bakery visit we will enjoy a delicious five course meal and table-side cooking demonstration! We will end the day with a 90-minute guided city tour. Sit back and relax as a step-on guide boards the motor coach and takes you down the miles of history and other highlights. Cost is \$74.00.

Martha's Vineyard

Wednesday, July 22nd, we will depart at 7:15AM. We will board the *Island Queen* in Falmouth for a relaxing ferry ride to Martha's Vineyard. We will take a narrated tour though Oak Bluffs and Vineyard Haven. There will be a 2-hour stop in Edgartown for lunch (on your own) and shopping. Limited space on this trip. Please book early. Cost is \$79.00.

Block Island

Wednesday, August 19th, we will depart at 8:00AM. Our first destination is Point Judith, Rhode Island, where you will board the ferry for an invigorating one-hour ride to Block Island. You will enjoy a 1 1/4 hour tour across the Island with a guide. A delicious luncheon awaits you at the National Hotel. You will have a choice of Grilled Salmon, Chicken Breast or Pasta Pomodori. This unique property offers Victorian Charm and fine cuisine. You will have time to browse the shops in this beautiful small town. We will depart at 4:00PM, arriving back home at approximately 7:00PM. Cost is \$109.00.



Wine & Cheese Tour

Wednesday, September 16th, we will depart on a New Hampshire adventure! The first stop is at Smith's Country Cheese located in Winchendon, MA. You will view the cheese making process and enjoy some yummy samples. Then we are off to East Hill Farm in Troy, NH where you will enjoy a delicious family style lunch of Yankee pot roast and roasted turkey. Following lunch we are off to the beautiful LaBelle Winery in Amherst, NH for a tour & wine tasting. A must do for wine and cheese lovers! Cost is \$85.00.





Duck Race

Saturday, May 30th, 11AM, the Friends of Rockport COA will be holding their annual Duck race at Millbrook Meadow on Beach Street, Rockport. The money earned from this fundraiser helps our Senior Center by being able to offer events at a lower price. We are asking people who attend the center to purchase one or more tickets.

This past year, our Friends Group has financially assisted us by subsidizing our lobster roll and Chinese food luncheons, birthday parties, tea party, ice cream socials, breakfasts, holiday shopping trip, art supplies, paper goods, coffee, flowers, wreath making, flower arranging, and Red Sox trip, along with many other things. Tickets will be available from the following Friends Group members: Kathy Tettoni, Kathy Hurlburt, Sandy Jameison, Kathleen Kearns, Peggy Picard, Faith Ronan, Judy Tocco, Joyce Davis, Mary Ann Camp, Ed Conway and Betsy Sidlowski. For more information, contact the Senior Center.

Landscape Painting 2015

Elizabeth Harty's Art Class, Wednesdays, May 13th & 20th, June 3rd & 10th from 12:30-3:30PM. This class will focus on a loose and expressive approach to landscape painting using watercolor, acrylic and graphite. Topics will include strong composition, color mixing, brushwork, contrast, color and design. Demonstrations and critiques will be offered. We will work from photographs and nature, weather permitting. Class is \$40.00/\$20.00 supply fee. Registration and payment required.

AGH Senior Supper Club

The Senior Supper Club at Addison Gilbert Hospital will meet on the second Tuesday of the month, May 12th, and June 9th from 4:30-6PM. A complimentary dinner is provided by the Café at Addison Gilbert Hospital, followed by a speaker. Reservations can be made by calling the Senior Center. Space is limited.

Good Morning Rockport Police Wellness Check

The Rockport Police Department has instituted the "Good Morning Rockport Police Department Wellness Check" This is for seniors living alone who can call the police each morning between 8-10AM to check in. If a call is missed, a uniformed officer will be sent to the address to make sure everything is okay. Any senior interested in this program may contact Elder Affairs Officer, Roger Lesch, 978-546-1212, ext.13.

Watercolor Workshop with Marian Rayner

Thursdays, May 14th & May 21st, 1-3PM.

Marion Rayner is a retired art teacher and a member of the North Shore Art Association. She has won numerous awards and has been painting Cape Ann scenes for over twenty years. She will be teaching a two-day watercolor workshop and will include four different techniques. She will do a step-by-step demonstration of the techniques to allow students to follow along and create their own painting. Beginner to Intermediate level. This class is limited to 15 people. \$30.00 cost includes supplies. Registration and payment is required.

iPad/iPhone Class

Mondays and Wednesdays, May 11th, 13th, 18th and 20th from 10-11:30AM.

4 Classes /\$40.00.

iMac Computer Class

Mondays and Wednesdays, June 8th, 10th, 15th, and 17th from 10-11:30AM. 4 classes/ \$40.00.

Coleen from Digital HouseCalls will teach you how to use your device and show you some shortcuts.

19th Annual Senior Art Exhibit

This exhibit is sponsored by the Commonwealth of Massachusetts. Art entries will be accepted from both amateur and professional artists and will be displayed at the Commonwealth Museum. The deadline for entries is July 1, 2015. For more information, contact the Senior Center.

ROCKPORT COUNCIL ON AGING
DIANE BERTOLINO, DIRECTOR
58 BROADWAY
ROCKPORT, MA 01966

NON-PROFIT
ROCKPORT MA
PERMIT 20

World Elder Abuse Awareness Day

Friday, June 12th 10AM-12PM.

Please join us at Five Corners.

***Sponsored by the Rockport Police and
the Rockport Council on Aging.***

REQUIPMENT

Do you have wheelchairs, scooters, shower chairs, sling lifts, walkers, and other assistive equipment laying around? REquipment accepts donations of good condition medical equipment, repairs it and cleans it, and assigns it to people in need at no cost. For more information, you can call 1-866-244-6156, or visit their website at www.dmeREquipment.org

Senior Mobile Market (formerly Brown Bag)

The COA, along with the Open Door and SeniorCare, offer the Senior Mobile Market. This 60+ program offers fresh fruits and vegetables, plus an assortment of canned goods, on the first Thursday of each month from 10-11AM. Don't miss out on this program. The income limits for a single person are \$1,670.00 per month and \$2,247.00 per month for two people. Applications are available by calling the Senior Center.

North Shore VNA Nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30AM-12PM. She will check blood pressure and answer any health questions you may have.

Senator Bruce Tarr's Representative, Richard Curran, will have office hours here on Wednesday, May 13th and Wednesday, June 10th from 9-10:00AM.

***The Rockport Council on Aging would like to thank
Addison Gilbert Hospital for sponsoring the printing of our newsletter***



News On Broadway 58 Broadway, Rockport MA

Diane Bertolino, Director 978-546-2573 May-June 2015

SeniorCare lunches are served Monday-Friday at 11:30AM. Reservations must be made at least 24 hours in advance by calling Freda, 978-546-5027.

Traveling Chef

Kentucky Derby Wednesday, May 13th

Buttermilk fried chicken, mac & cheese, sautéed collard greens and sweet potato pie. \$3.00

Summer Sundae Party, Thursday, June 18th

Chocolate or vanilla Ice cream, hot fudge, strawberry sauce, whipped topping, sprinkles, crushed oreos, cherries. \$3.00

Monthly Specials

Mother's Day Luncheon, Thursday, May 7th

Stuffed Chicken Breast, twice baked potato, sugar snap peas & carrots, strawberry shortcake, raisin bread. \$2.00

Father's Day Luncheon, Thursday, June 11th

BBQ Kansas City Brisket, Delmonico potatoes, green beans, blueberry crisp & topping. \$2.00

Volunteer Meals on Wheels Driver Needed

SeniorCare, Inc. "Meals on Wheels" program is in need of volunteer drivers to deliver noon-time meals to homebound seniors in Rockport.



Anyone interested in volunteering one morning a week or more will be greatly appreciated. If you are able to help, please call Linnea Hagberg or Paula Curley at SeniorCare, 1-866-927-1050 or 978-281-1750, Monday-Friday, 8AM-4PM.

Freda Collins, SeniorCare's Rockport Meal Site Manager, along with Traveling Chef Sean Stevens, prepared a delicious meal and dessert for lunch. Don't miss out and sign up early.



May is the 50th Anniversary of the Older Americans Act

Wednesday, May 27th, National Senior Health & Fitness Day

9:00-11:00AM	Free Hearing Tests by Mass Audiology, by appointment
9:00-11:30AM	Free Diabetic Shoe Fitting, by appointment
10:00-10:20AM	Free Intro to Tai Chi
10:30-11:00AM	Free Strength & Balance
1:30-2:00PM	Make a pair of earrings with Susan from Beadles \$2.00
2:00-2:30PM	Free Intro to Yoga



Diabetic Shoes

Sign up for your free 10-minute fitting appointment at the Senior Center. You must bring your Medicare information, your supplemental insurance information, your doctor's name and phone number, and a completed doctor's form (pick up at the Senior Center) with your appointment. Any questions, please call Amy Baxter at Quantum Medical Supply, 603-944-1311.

Tufts Medicare Preferred is not covered.

Free Hearing Screenings

Give yourself ten minutes to have your hearing professionally checked by Mass Audiology. They can check your ear canal for wax buildup and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them, replace your batteries and answer any questions you may have. Call the Senior Center for an appointment, 978-546-2573.



Birthday Parties

Come celebrate your birthday with us. We will have cake, ice cream, a free raffle and volunteer Bob Wech playing the piano. We will be celebrating May and June birthdays together on Thursday, June 4th, from 12:30-1PM. Please RSVP.



Registration Times

Registration for day trips, classes or lunches that require payment are on Tuesdays, 1:30-3PM and Thursdays, 9:30-11AM. For free programs, please call so we can plan accordingly, 978-546-2573. Registration for the SeniorCare meals are done by calling Freda at 978-546-5027.